

What is claimed is:

1. A shoe including a forward region, a heel region, and a mid-foot region located between the forward region and the heel region, the shoe comprising:
 - an upper; and
 - a sole secured below a portion of the upper, the sole comprising:
 - a member having a top wall with a lower surface, the top wall having at least one peripheral edge proximate a medial side of the shoe and at least one peripheral edge proximate a lateral side of the shoe, the member having a bottom wall with an upper surface, the bottom wall having at least two portions approximately planar with each other, parallel with the ground, and separated by a gap therebetween, the top wall and the bottom wall each having an open end oriented away from the mid-foot region of the shoe and being connected at a closed end by a curved wall proximate the mid-foot region of the shoe; the top, bottom, and curved walls being integral, at least a portion of the top and bottom walls being spaced a predetermined distance from each other so that during the wearer's gait cycle when the shoe is in contact with the ground the predetermined distance is reduced;
 - at least one element positioned between at least a portion of the top wall and at least a portion of the bottom wall, the at least one element having at least one interior sidewall;
 - a void located beneath the lower surface of the top wall and above the upper surface of the bottom wall defined at least in part by the at least one interior sidewall of the at least one element;
 - at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe, the opening being in communication with the void; and
 - a bottom surface that is at least in part ground-engaging.
2. The shoe of claim 1, wherein a cross-sectional profile of the top wall, bottom wall, and the curved wall therebetween form a generally recumbent U-shape.
3. The shoe of claim 2, wherein the cross-sectional profiles of the top and bottom walls are parallel.

4. The shoe of claim 3, wherein the top wall and the bottom wall are in planes that are substantially parallel with each other.
5. The shoe of claim 1, wherein the reduced predetermined distance results from the at least a portion of one of the top and bottom walls deflecting toward the other in a substantially vertical direction.
6. The shoe of claim 1, wherein the reduced predetermined distance results from the at least a portion of the top wall deflecting toward the ground in a substantially vertical direction.
7. The shoe of claim 1, wherein at least one of the at least one peripheral edge of the top wall proximate the medial side of the shoe and the at least one peripheral edge of the top wall proximate the lateral side of the shoe is visible from outside the shoe.
8. The shoe of claim 1, wherein the at least one peripheral edge of the top wall proximate the medial side of the shoe and the at least one peripheral edge of the top wall proximate the lateral side of the shoe are visible from outside the shoe.
9. The shoe of claim 1, wherein one of the at least two portions of the bottom wall has at least one peripheral edge proximate at least one of the medial side of the shoe and the lateral side of the shoe.
10. The shoe of claim 9, wherein the at least one peripheral edge of the bottom wall is at least in part visible from outside the shoe.
11. The shoe of claim 1, wherein one of the at least two portions of the bottom wall has at least one peripheral edge proximate the medial side of the shoe and another of the at least two portions of the bottom wall has at least one peripheral edge proximate the lateral side of the shoe.
12. The shoe of claim 11, wherein the peripheral edges of the at least two portions are approximately parallel with each other.
13. The shoe of claim 11, wherein the peripheral edges of the at least two portions are at least in part visible from outside the shoe.
14. The shoe of claim 11, wherein each of the at least two portions of the bottom wall has an interior edge, the interior edges of the at least two portions of the bottom

- wall being substantially planar with each other and substantially parallel with the ground.
15. The shoe of claim 1, wherein each of the at least two portions of the bottom wall has an interior edge, the interior edges of the at least two portions of the bottom wall being substantially planar with each other and substantially parallel with the ground.
 16. The shoe of claim 1, wherein the curved wall has at least one peripheral edge proximate one of the medial side of the shoe and the lateral side of the shoe.
 17. The shoe of claim 16, wherein the at least one peripheral edge of the curved wall is at least in part visible from outside the shoe.
 18. The shoe of claim 1, wherein the curved wall has a peripheral edge proximate the medial side of the shoe and a peripheral edge proximate the lateral side of the shoe.
 19. The shoe of claim 18, wherein the peripheral edges of the curved wall are at least in part visible from outside the shoe.
 20. The shoe of claim 1, wherein the curved wall has a mid-longitudinal axis, with an opening located along the mid-longitudinal axis of the curved wall.
 21. The shoe of claim 20, wherein the curved wall has two openings located along the mid-longitudinal axis of the curved wall.
 22. The shoe of claim 1, wherein the curved wall is approximately perpendicular to a major longitudinal axis of the shoe.
 23. The shoe of claim 1, wherein the curved wall is approximately perpendicular to a major longitudinal axis of the shoe and parallel with the bottom surface of the sole.
 24. The shoe of claim 1, further comprising a cushion positioned beneath at least a portion of a bottom surface of a wearer's foot and above at least a portion of the top wall of the member, the cushion and the top wall each being made of a material, the material of the cushion being more resilient than the material of the top wall.
 25. The shoe of claim 24, wherein the cushion is located beneath and adjacent at least a portion of the upper.

26. The shoe of claim 1, wherein the lower surface of the top wall is at least in part visible from outside the shoe through the at least one opening on one of the medial side of the shoe and the lateral side of the shoe.
27. The shoe of claim 1, wherein the bottom surface has an opening that exposes the lower surface of the top wall.
28. The shoe of claim 1, wherein the upper surface of the bottom wall is at least in part visible from outside the shoe through the at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe.
29. The shoe of claim 1, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least a portion of the upper surface of the bottom wall being visible from outside the shoe through the opening on the medial side of the shoe and at least a portion of the upper surface of the bottom wall being visible from outside the shoe through the opening on the lateral side of the shoe.
30. The shoe of claim 1, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least a portion of the lower surface of the top wall being visible from outside the shoe through the opening on the medial side of the shoe and at least a portion of the lower surface of the top wall being visible from outside the shoe through the opening on the lateral side of the shoe.
31. The shoe of claim 1, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least one portion of the upper surface of the bottom wall being visible from outside the shoe through each of the two openings.
32. The shoe of claim 1, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least one portion of

- the lower surface of the top wall being visible from outside the shoe through each of the two openings.
33. The shoe of claim 1, wherein the at least one interior sidewall of the at least one element is at least in part visible from outside the shoe.
 34. The shoe of claim 1, wherein the interior sidewall of the at least one element is at least in part visible from outside the shoe through the at least one opening in one of the medial side of the shoe and the lateral side of the shoe.
 35. The shoe of claim 1, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, the interior sidewall of the at least one element being at least in part visible from outside the shoe through each of the two openings.
 36. The shoe of claim 1, wherein a substantial portion of the top wall above the at least one element is solid.
 37. The shoe of claim 1, wherein substantially the entire top wall above the at least one element is solid.
 38. The shoe of claim 1, wherein a substantial portion of the top wall is solid.
 39. The shoe of claim 1, wherein substantially the entire top wall is solid.
 40. The shoe of claim 1, wherein the bottom surface of the sole includes a non-ground-engaging portion, the non-ground-engaging portion including a substantially planar portion and an adjacent portion non-planar with the substantially planar portion.
 41. The shoe of claim 40, wherein the non-ground-engaging portion of the bottom surface of the rear sole comprises a tent-shaped portion extending toward the upper.
 42. The shoe of claim 41, wherein the tent-shaped portion extending toward the upper has at least one sidewall at an angle to the at least in part ground-engaging portion of the bottom surface, the at least one interior sidewall of the at least one element being at an angle to the at least in part ground-engaging portion of the bottom surface, the at least one sidewall of the tent-shaped portion being adjacent the at least one interior sidewall of the at least one element.

43. The shoe of claim 42, wherein the angle of the at least one sidewall of the tent-shaped portion that is adjacent the at least one interior sidewall of the at least one element is approximately the same as the angle of the at least one interior sidewall of the at least one element that is adjacent the at least one sidewall of the tent-shaped portion.
44. The shoe of claim 1, wherein the at least in part ground-engaging portion of the bottom surface is formed of outsole material.
45. The shoe of claim 1, wherein the sole includes a rear sole, the rear sole being secured below the heel region of the upper, the rear sole having a bottom surface having a perimeter, the bottom surface of the rear sole including at least one substantially planar portion and at least two portions non-planar with the at least one substantially planar portion, the at least one substantially planar portion having an outer edge proximate a portion of the perimeter of the bottom surface of the rear sole, the non-planar portions being positioned proximate the perimeter of the bottom surface of the rear sole and separated from each other by other portions of the bottom surface, each of the non-planar portions being inclined upwardly in a direction toward at least a portion of the perimeter of the rear sole.
46. The shoe of claim 45, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
47. The shoe of claim 46, wherein the rear sole has a rearward portion and an opposite forward portion connected below the upper, one of the at least two non-planar portions being proximate the rearward portion of the rear sole, and the other of the at least two non-planar portions being proximate the forward portion of the rear sole.
48. The shoe of claim 47, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.

49. The shoe of claim 47, wherein the aggregate area of all non-planar portions is less than the aggregate area of all substantially planar portions.
50. The shoe of claim 47, wherein the at least two non-planar portions are ground-engaging and the aggregate area of all non-planar portions is less than the aggregate area of the remaining ground engaging portion of the bottom surface of the rear sole.
51. The shoe of claim 1, wherein the sole includes a rear sole, the rear sole being secured below the heel region of the upper, the rear sole having a bottom surface having a perimeter, the bottom surface of the rear sole including at least one substantially planar portion and at least one portion non-planar with the at least one substantially planar portion, the at least one substantially planar portion having an outer edge proximate a portion of the perimeter of the bottom surface of the rear sole, the at least one non-planar portion being positioned proximate the perimeter of the bottom surface of the rear sole and being inclined upwardly in a direction toward at least a portion of the perimeter of the bottom surface of the rear sole, the rear sole having a rearward portion below a portion of the heel region of the upper, the at least one non-planar portion being proximate the rearward portion of the rear sole.
52. The shoe of claim 51, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
53. The shoe of claim 51, wherein the aggregate area of all non-planar portions is less than the aggregate area of all substantially planar portions.
54. The shoe of claim 51, wherein the at least two non-planar portions are ground-engaging and the aggregate area of all non-planar portions is less than the aggregate area of the remaining ground engaging portion of the bottom surface of the rear sole.
55. The shoe of claim 1, wherein the sole has at least one sidewall extending from the at least in part non-ground-engaging portion of the bottom surface toward the

top wall at an angle to the at least in part ground-engaging portion of the bottom surface.

56. The shoe of claim 55, wherein the at least one interior sidewall of the at least one element is at an angle to the at least in part ground-engaging portion of the bottom surface, the at least one sidewall of the sole being adjacent the at least one interior sidewall of the at least one element.
57. The shoe of claim 56, wherein the angle of the at least one sidewall of the sole that is adjacent the at least one interior sidewall of the at least one element is approximately the same as the angle of the at least one interior sidewall of the at least one element that is adjacent the at least one sidewall of the sole.
58. The shoe of claim 55, wherein the top wall is at least in part flat and in a plane substantially parallel with the bottom surface of the sole.
59. The shoe of claim 55, wherein the bottom surface that is at least in part ground-engaging has an opening therethrough that exposes the at least one sidewall of the sole, the opening through the at least in part ground-engaging portion of the bottom surface being larger than an exposed portion of the top wall.